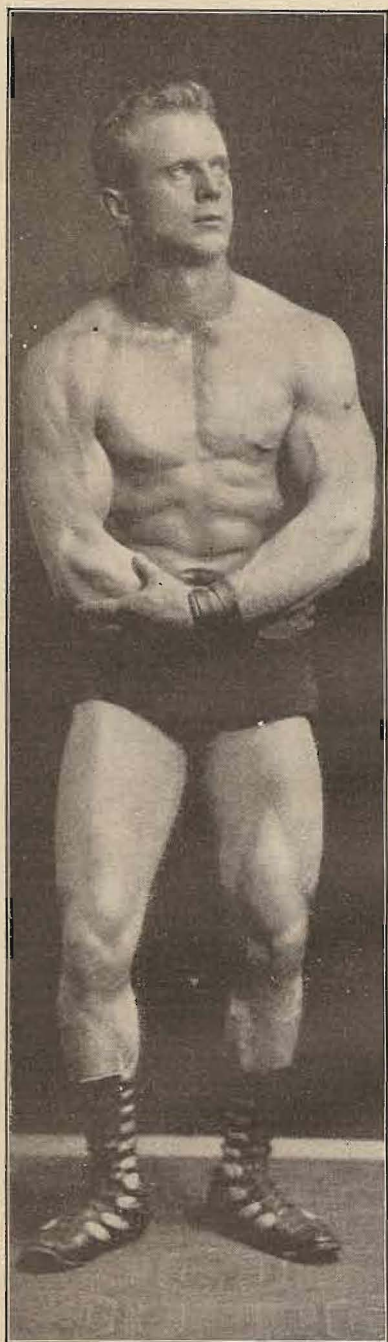


May 1924

Physical Culture

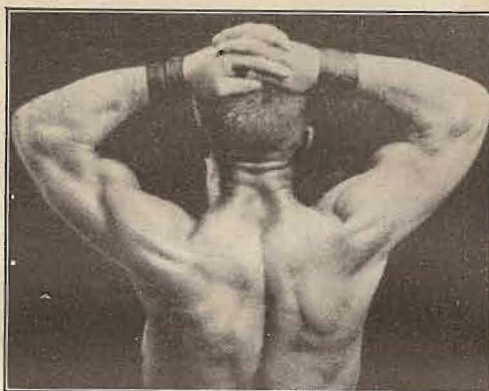
# HAJNOS ★ The U. S. Navy Hercules—An Exclusive Strongfort Product and Living Proof of the Benefits of Scientific Muscularity

## The Idol of Uncle Sam's Navy Is a Grateful Graduate of Strongfortism



**JOHN J. HAJNOS**

The Navy Hercules and a Strongfort Graduate of Great Promise in the Athletic World. Note (above at right) the mastodonic development of this sailorman's arm and shoulder muscles.



**JOHN J. HAJNOS** enrolled February 2nd, 1922, as a regular pupil of mine. On July 1st, 1922, he completed the Regular Course and took up my Advanced Course, which he faithfully pursued to completion. In my files is a mass of correspondence detailing his progress from that day to this, punctuated with frequent expressions of gratitude for the care and patience with which **STRONGFORTISM** piloted him to mastodonic strength and brought out the best that was in him of mental and spiritual qualities.

### READ ON, YE DOUBTERS

Here are a few brief passages from Hajnos' letters, chosen at random from a volume of similar testimony: (March 6, 1922) "I know your delightful system of **STRONGFORTISM** cannot fail so I willingly entrust my body to your will, because where my heart goes I put my confidence also." (June 10th, 1922) "I have received my eighth lesson and progress very splendidly with **STRONGFORTISM**. I am full of pep and mental energy. You may judge my appearance by these photos which you may reproduce in order to let the world know what the sickly men and women could accomplish by means of **STRONGFORTISM**. I ask you what is your entire opinion of me

and my appearance. I ask you this as **my only teacher I ever had in my life outside of a school when I was a little boy many years ago.**" (July 22, 1922) "My health is improved in every detail and my body shows the finest specimen of manhood and I have begun to realize what it means to be a perfect man although I have not yet reached the extreme of my development. Also my strength is greatly improved. I can handle these weights with ease as they are and must soon start to add to them so they may be increased up to 175 pounds. So I thank you very much for your personal attention and guidance."

### "Will Do the Same For Anyone"

U. S. NAVAL TRAINING STATION  
NAVAL OPERATING BASE  
Hampton Roads, Va., Unit "D"

September 18th, 1923

MR. LIONEL STRONGFORT,  
Strongfort Institute, Newark, N. J.

Dear Sir:

Being your pupil and having finished your Preliminary and Advanced Course of Physical Culture I would like to correspond with you and let you know about the progress that I have made as a direct result of your course.

Enclosed are two photos of myself which will give you a fair idea of the results that I have obtained by faithfully following your course of instruction. These photos may be used by you as an example of what your Course will do for any one who will faithfully follow your instruction as I have done.

I would like to mention the following stunts, such as heavy weight lifting, breaking and bending iron bars, any size steel spikes with my teeth or hands with the greatest of ease.

Being your former pupil, I would like to purchase from you two pair of Strongfort's Resistance Increasing dumb-bells. Please let me know by return mail the price of the above and I will enclose money order for them.

Thanking you for the help you have been to me through your famous Course I remain,

Yours for great strength, *John J. Hajnos*  
(Signed) *The Navy Hercules*

## WARNING

It has been brought to my attention that the name and photographs of my pupil John J. Hajnos have been improperly used to exploit certain systems of alleged physical development. The above correspondence, of which the originals are in my files in Mr. Hajnos' own handwriting, clearly establishes that Mr. Hajnos is an exclusive product of **STRONGFORTISM** and that any other system claiming the credit for his physical development, in part or whole, is guilty of gross misrepresentation. I hereby declare that I shall take all necessary steps to protect my pupils, myself and the public against all such false and misleading claims as may come to my attention in the future. **I will pay \$5000 to any worthy charity designated by anybody who can prove that any of the foregoing statements on this page are untrue.**

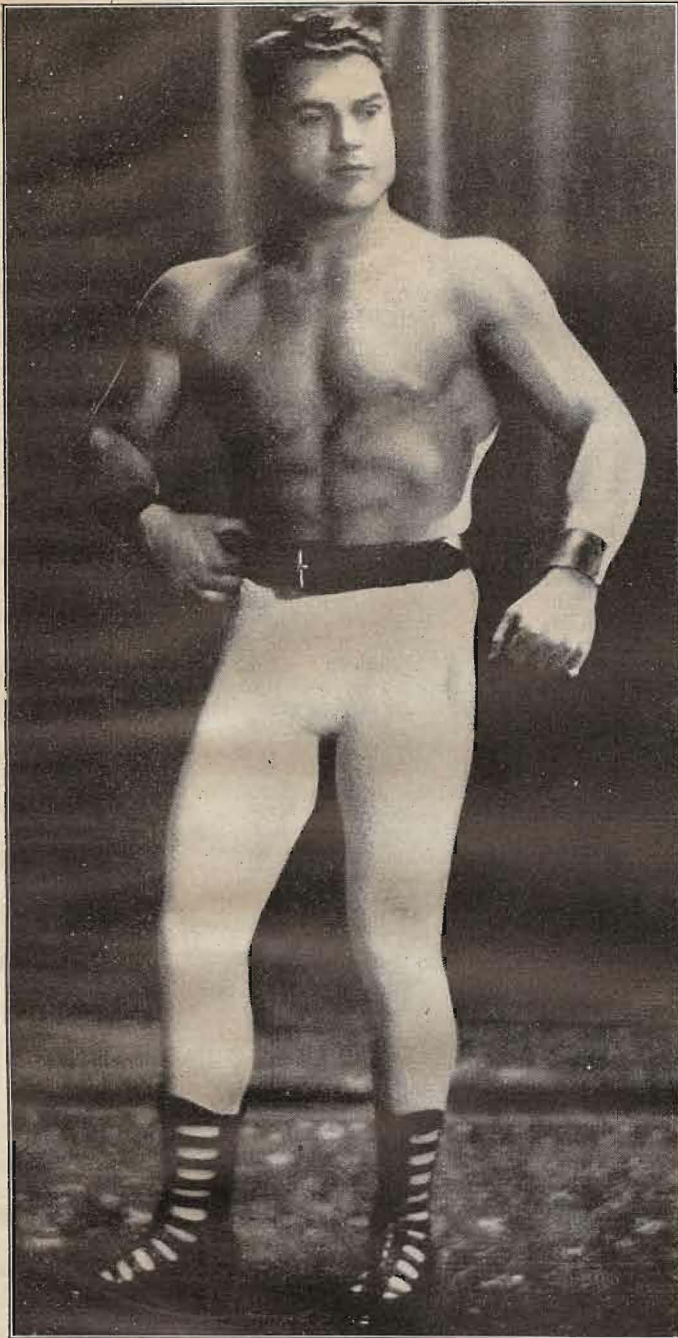
Complete  
**\$15**  
Course

Health - Strength - Virility  
**STRONGFORTISM**  
with Scientific Muscularity

Complete  
**\$15**  
Course



# HYATT★ The Modern Samson of the Big-Time Theatrical World Declares that Strongfortism Made His Professional Success Certain from the Start



HYATT, The Modern Samson, a famous professional and one of the strongest graduates of STRONGFORTISM.

## Hyatt Tells the World

To Whom It May Concern:—

Unquestionably STRONGFORTISM is the last word in scientific man-building and LIONEL STRONGFORT is the world's premier instructor in the fine points of perfecting health and acquiring great strength. I think I can qualify as an expert in this matter, owing to my wide professional experience and to my intimate knowledge of practically every existing system of body-culture, past and present. Moreover I am a graduate STRONGFORTIST myself, having taken both the Regular and the Advanced Course in preparation for my professional career. That wise action made my success certain from the very start.

(Signed)

*Lionel Strongfort*

IF you are the unlucky vaudeville fan who hasn't seen the lion-like HYATT, correct that oversight. A youngster in years, nevertheless HYATT is a veteran in the joys, glories and riches of overwhelming theatrical success. Just now he's back East after a "swing around the circle." If you missed him in your city, inquire of the local Loew manager when he's due back again. His immediate schedule is: Montreal, Loew's Theatre, April 27th; Ottawa, Loew's Theatre, May 5th; Buffalo, N. Y., State Theatre, May 12th, etc. Even if you have to take a little trip to see HYATT you'll say afterward that you'd travel twice as far to see him again.

### As Told by the Papers

**Superman Headliner at State.** It is interesting to note that Loew's State vaudeville offerings for the week starting Monday afternoon, include the name of Hyatt, the young American super-man who has taken the country by storm with his feats of marvelous strength. Hyatt is probably best remembered for his winning of four international contests for the most perfect specimen of living manhood. Twice in Chicago and once each in New York and Boston Hyatt won hands down. LIONEL STRONGFORT has a standing offer of \$10,000 in cash to any other strong man that can equal the feats of Hyatt. Among the numerous feats of this modern Samson are the twisting of iron bars around his arms; biting heavy chains in two; lying on a bed of pointed nails while men pound an anvil on his chest; lifting with ease articles that usually require block and tackle to move.—*Memphis (Tenn.) News-Scimitar.*

**"As Strong as The Rock of Gibraltar"** is a term often used to express solidity and strength of things inanimate, and, according to critics in the big eastern cities where HYATT "the super-man," has won fame and publicity through his herculean feats of strength and endurance, the term is just as applicable to this very animate young American. That all Memphians may see this "modern Samson," the management of Loew's State, where Hyatt is appearing all this week, has arranged a novel public stunt for Tuesday at noon on South Court Avenue, which will put this strong man's strength and endurance to the "acid test"—as it were. Hyatt, in his gladiator make-up, will have a tug-of-war with a five-ton motor truck and a team of heavy horses.—*Memphis (Tenn.) Commercial Appeal.*

**Hyatt Billed as the "Modern Samson,"** is the headliner this week at Loew's State. If bending iron bars into corkscrews, carrying a piano on one's back or driving nails thru inch boards with the hand are real tests of strength, then Hyatt is entitled to the above title. He not only does those things, but very gracefully lifts a keg of water and stones with one finger. Lying across a bed of spikes, he allows an anvil to be placed on his chest while attendants hammer on it. This "super-man," HYATT by name, hails from California—not a giant in stature, just a handsome, well-built chap, with the strength of a five-ton motor truck.—*Memphis (Tenn.) Press.*

**Had an Interesting Talk** with Hyatt the Strong Man and his wife, the Mrs. Eleanor Hyatt, yesterday. You have seen the fellow on the stage at the Strand Theatre this week and he sure looks massive. Well, he looks about the same in his street clothes. He is the type of fellow with whom you get right at home when you ask the secret of his strength. HYATT says since his boyhood days he has been a student of physical culture. His first teachings came from LIONEL STRONGFORT, who happens to be a resident of our town. STRONGFORT through mail told Hyatt how to fit himself for the future and today little Hyatt is some strong man. As to his strength it need only be mentioned Hyatt can carry a piano across the stage. His record for a straight lift made at Montreal recently is 4,370 pounds. He holds the record for finger lift, having been able to raise 312½ pounds. His home town is Oakland, California. The Mrs. is also some strong lady and promises to step into her husband's act any time he gets indisposed.—*Newark (N. J.) Ledger.*

**A 21-Year-Old Californian,** Hyatt by name, six feet tall and weighing 210 pounds—"modern Samson" headlines the vaudeville bill. He leaves singing, dancing and playing upon musical instruments to other acts and applies himself strictly to stunts befitting the super-man. Some of Hyatt's marvelous feats of strength are the bending of iron bars around his wrist, or biting through chains as easily as a layman would break a match. He drives spikes through a two-inch board with his bare fists; lifts on his back with ease an upright piano; lies with his bare neck on a bed of nail points while others hammer an anvil placed on his chest. A street demonstration will be given Tuesday noon; Hyatt will have a tug-of-war with a five-ton motor truck and a team of horses—in Baltimore he threw the horses on their haunches. *Memphis (Tenn.) Commercial Appeal.*

**Dense Crowds,** Surging over the unrestricted area on South Court Avenue, between Main and Second Streets, today noon, where HYATT the modern Samson, now headlining at Loew's State, was to stage his spectacular tug-of-war between a News-Scimitar truck and a pair of Patterson's draft horses, made it impossible for the giant American to fully perform his feat without endangering the lives of men, women and children who jammed the thoroughfare.—*Memphis (Tenn.) News-Scimitar.*

### Strongfortism Spells Strength-Plus

Not only are STRONGFORTISTS superbly strong. They are supremely vital too, and the wine of manhood flows freely through their veins like the sap of life in springtime. They are more than mountains of muscle, for they are reservoirs of masculinity and dominating personality. Not only externally where it shows, but internally where it COUNTS a STRONGFORTIST is vitally, MUSCULARLY ALIVE.

### Teach Your Muscles to Think

Beware of HYPERTROPHY, the grim penalty of thoughtless external muscular development under incompetent instruction. It is as bad as or worse than ATROPHY (effeminate under-development) for atrophy merely robs you of your manhood while hypertrophy may cost you health or life itself. Hyatt, Kronos, Achilles, Hagnos... thousands of other famous STRONGFORTISTS... have succeeded greatly because they have learned from me HOW TO MAKE THEIR MUSCLES THINK. DO YOURS?

**Send Today** for the world's standard book of the body, "Promotion and Conservation of Health, Strength and Mental Energy," my supreme contribution to the literature of life. Full of frank and vital truths of nature and your being. 56 pages, beautifully illustrated. Free, postpaid, if you'll send the coupon.

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Since it costs me nothing and may do me good, send me your famous book of the body, postpaid, no obligation to me.

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